

Module 3: Preparing for and Managing Emergencies

Handout F: Preparing for Emergencies at Home

What would you do if...

- your child got into your purse and ate your medications?
- a frying pan caught fire on the stove?
- your child fell out of the window and was unconscious?
- your child started choking on a piece of meat?
- you lose your temper and feel like hitting your child?
- a hurricane, tornado, flood, or earthquake struck your home?

Prepare your family for emergencies with:

- ☐ Adults trained in first aid and CPR
- ☐ First aid kit
- ☐ Emergency numbers posted near telephone (police, fire, ambulance, poison control, parent stress hotline)
- ☐ Smoke detectors—test monthly
- ☐ Fire extinguisher—know how to work it
- ☐ Fire escape plan from every room
- ☐ Evacuation plan—know where to go
- ☐ Three-day supply of canned food, manual can opener, baby formula, diapers, bottled water
- ☐ Warm clothes, sturdy shoes, extra blankets
- ☐ Extra medications and eyeglasses
- ☐ Flashlight and extra batteries
- ☐ Portable radio and extra batteries



*Here is a suggestion for an inexpensive and waterproof kit you can make by using a coffee can with a plastic lid. The contents can be purchased for a small amount; you may even have the items around the house. **In a serious emergency, dial 911 for help.***

SUGGESTED CONTENTS

- **Triangular Bandages (3)**
- **1" Band Aids (25)**
- **2" x 2" Gauze Pads (5)**
- **4" x 4" Gauze Pads (5)**
- **1" Roller Bandage**
- **2" Roller Bandage**
- **1/2" Adhesive Tape Roll**
- **Q-Tips (10)**
- **Small Bar Soap**
- **Small Hand Towel**
- **Large Safety Pins (4)**
- **Small Scissors**
- **Tweezers**